



WheelAction

Spring 2013

“Julie now has a clear sparkle in her eye”

Julie is a young lady with incredible drive. Julie has lived with Spina Bifida since birth. This disability is in a class of birth defects called neural tube defects which leads to reduced sensation and a degree of paralysis in the lower body, legs and feet, causing walking difficulties or inability to walk. This disability however, has never held Julie back.

At a very early age, Julie was introduced to sport through a Northcott playgroup and soon become a junior Wheelchair Sports NSW member. This was an opportunity for Julie and her parents, Jane & Andrew, to meet the “wheelchair sports family”.

Over the coming years, Julie attended every Junior Wheelie Sports Day possible, watching on at first until her confidence grew and to then giving the sports a try herself. Once Julie started, she has never stopped! Julie has since tried all sports possible - finding favourites first in Archery, then later in both field athletic events and wheelchair track & road.

Before finding wheelchair sports, Julie faced constant disappointment growing up as sporting opportunities were extremely limited. Julie was regularly forced into the role of spectator from the sideline at school sport as team sports on the oval or physical games like touch football simply couldn't cater for her disability. Julie was encouraged to just pass the ball in from the sideline instead of sports being adapted to suit her. Each experience isolated her from her friends, impacted her relationships and repeatedly emphasised that Julie was a little different. It was humiliating for Julie and heartbreaking for her parents.

In September 2012, Julie attended the NSW All Schools Track and Field Championships to compete in discus and shot-put. On the day, one of her events was cancelled so an official suggested she try the 100m track race instead, using her day wheelchair, alongside other ambulant athletes. It was this moment that would change Julie's world forever.

Rosemary Little, Paralympian and WS NSW wheelchair track & road coach, saw Julie race and immediately identified her talent and spirit. Rosemary invited Julie to attend weekly Wheelchair Track training sessions at Sydney Olympic Park to try the sport ‘properly’ using a racing wheelchair for the first time. Julie hasn't missed a training session since.

“Without wheelchair sport, our family would have fallen apart from disappointments. Julie now has a clear sparkle in her eye; we have finally found sport that caters for Julie! No more knock backs, sport is now a wonderful enlightening reality!” says proud Mum, Jane.

“I have watched Julie's confidence grow with each new sporting experience and achievement. Julie has found her passion and is setting herself clear goals in life. Julie now gets up earlier, is dressed and rearing to get out the door for training every weekend”.

“When I'm not playing sport, I'm thinking about it!” says Julie.

Off the track, Julie is an aspiring public speaker and an avid writer. Julie had presented to schools throughout NSW by age 10, and at age 12, has written several articles including “Smile don't frown” to help increase community awareness and promote social inclusion of people with

disabilities.

Now age 14, Julie attends Hills Grammar as their first student with a physical disability. The school has embraced her attendance however it has again been a long process and incredible learning curve for both the school and students to cater for Julie.

Julie tells *“I have never seen my disability as a barrier. I have embraced it. It is my advantage. I would never have experienced the things I have in life so far without it”*.



Julie wins the 100m

Wheelchair sport has introduced Julie to a new network of people in WS NSW development officers who encourage and facilitate her attendance to training and competition, mentor/coach and now idol in Rosemary Little who has strengthened her skills, encouraged goal setting and increased her drive to succeed.

Sport has introduced Julie to new possibilities including racing at a national level including the 2012 Summer Down Under and Oz Day 10K and enabled Julie a chance to meet and race alongside other inspiring local and international wheelchair athletes.

“We are incredibly grateful for the opportunities presented to our family” says Jane. “Without Wheelchair Sports NSW, Julie would not be able to pursue the sport she loves – they provide constant encouragement and have helped purchase a brand new custom fitted track wheelchair for Julie to compete in”.

Some of Julie’s sporting highlights to date include:

- 2011 NSW CIS Primary Athletics: Girls 11-13 Multi Class Discus – 1st and NSW Record.
- 2012 Australian Junior Athletes with a Disability Championships: U16 100m wheelchair race – Silver Medal
- 2012 NSW CIS Secondary Athletics: Girls 12-15 Multi Class Shot Put 3kg – Gold medal and set U16 Australian Record
- 2013 Summer Down Under (international) : Women’s 200m wheelchair race – 9th overall
- 2013 Australian Athletics Championships: Women’s 100m wheelchair race – Bronze medal
- 2013 Sydney 10km: Mixed 10k wheelchair race – Silver Medal

In July 2013, Julie pushed her first ever 21km in a community event - All Abilities Laps - then backed up in August to conquer heartbreak hill in her first ever 14km City2Surf and then the 8km Parkinson’s Unity Walk.

Now under the watchful eye of Coach Rosemary, Julie continues to train hard for a series of upcoming wheelchair track race events as well as pursuing field events in seated shot put and discus. Julie’s ultimate sporting goal – Australian selection for the 2016 Paralympic Games in Rio.

“Sport has brought our family together” says Jane. *“We are constantly researching meets where Julie could compete, reading up on the latest technology on racing chairs, watching live feeds online of competitions from around the world and enjoying Julie’s every sporting moment as proud parents cheering, often quite loudly, in the stands”*.

Wheelchair Sports NSW is proud to support young wheelies like Julie and her family, by providing the push start they need to get involved in sport and experience, together as a family, the life enriching benefits of sport.



Telemarketing Raffle Winners

Campaign 10,

1st Prize: A. Williams, Maroubra
2nd Prize: R. Smit, Marayong
3rd Prize: A. Castillo, Cherrybrook

Campaign 11,

1st Prize: N. Lochman, Concord
2nd Prize: P. Boland, Forestville
3rd Prize: C & R Russo, Unanderra
Regular Raffle Club: E. Caskey, Newport

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Join our Facebook community today by ‘liking’ our page: www.facebook.com/wnsnw

DID YOU KNOW?

Wheelchair basketballers are classified according to their physical ability and are given a points rating between 1 and 4.5. 1-pointers being the most disabled and 4.5 the least disabled.

Wheelchair sporting highlights

The difference your support is making for members throughout NSW this year

WS NSW Junior Days attract new members

As part of our Junior Sports Program, WS NSW run regular Come N Try Days to give our Junior Wheelies (young people with disabilities aged 8-20) the chance to try wheelchair sports for the first time in a variety of sports all on the one day with other kids and their families at no cost. 2013 has welcomed many new members including Maddie (pictured) trying wheelchair tennis. WS NSW is seeing the growth by improving relationships with schools, local hospitals and disability service providers. WS NSW look forward to identifying more Juniors.



Wheelchair Rugby Championships

The 2013 GIO National Wheelchair Rugby Championships was full of action packed moments this August.

Wheeling their way into Sydney Olympic Park Sports Centre, we saw the best of the best with 5 Teams battle it out in the Championships. Sincere thanks to GIO, our volunteers and to everyone that supported this event. All 5 teams played heroically. A big congratulations to the winners, Suncorp QLD Cyclones, 2013 Champions! QLD 63 def VIC 48. In 3rd place was the GIO NSW Gladiators.

Our very own NSW player Dan (pictured left) was named the 2013 National Wheelchair Rugby Championships Best New Talent, a star player from the GIO NSW Gladiators. Daniel's natural skill for wheelchair rugby is clearly evident as is his drive to succeed, gaining him repeated selection in the NSW Gladiators Wheelchair Rugby Team. The WS NSW training program has really benefited him with subsidised costs to training and initially providing a chair loan, after which he has successfully acquired a rugby wheelchair of his own. One to watch for future Rugby Championships!



GIO NSW Gladiators (in blue) playing against Protect Victoria Thunder



See Rugby in action!

If you are in Sydney this September, come along and support our WS NSW players in action again.

The Be the Influence Wheelchair Rugby Tri-Nations takes place from 18-20 September 2013 at Cathedral Square, Sydney.

Come along and watch the best of the best from the Australian, US & New Zealand teams.

Tickets on sale now from Ticketmaster

www.ticketmaster.com.au or call the Australian Paralympic Committee on 02 9704 0525 for enquiries.

AUSTRALIA • UNITED STATES • NEW ZEALAND

18-20 SEPTEMBER 2013
CATHEDRAL SQUARE, SYDNEY

	Wed 18th	Thurs 19th	Fri 20th
September 2013	10:00	12:30	12:00
Opening ceremony	10:45 USA vs AUS	NZL vs AUS	Semi Final (2nd vs 3rd)
Game 1	17:30 NZL vs USA	17:30 USA vs NZL	17:00
Game 2	19:30 AUS vs NZL	19:30 AUS vs USA	Grand Final
Game 3			18:15
Closing ceremony			Immediately following

Tickets on sale
14 August at
www.ticketmaster.com.au

Enquiries:
events@paralympic.org.au
or 02 9704 0525

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BE THE INFLUENCE

Allianz

DID YOU KNOW?

Wheelchair rugby is a sport based on rules derived from ice hockey, grid iron and basketball?

Lawn Bowls

In June 2013, a team of ten WS NSW Lawn Bowlers represented NSW at the Australian Athletes with a Disability National Lawn Bowls Championships at Chermerside Bowling Club in Queensland.

Six States were represented in a keenly contested National competition. NSW team members - Lynn Smith & Carolyn Nelson were undefeated and won GOLD in the Ladies Pairs!

Lawn Bowls is a true multi-disability sport where people with a physical disability can participate equally with able-bodied competitors. There are no changes to rules and competitors can compete on both green and synthetic surfaces

WS NSW has enjoyed significant growth in wheelchair lawn bowls over the past year with now more than 20 members participating in local and State competition.

This September, all WS NSW bowlers go head to head at the 2013 WS NSW Multi-Disability Lawn Bowls State Championships at the Taree Leagues Sports Club. Spectators welcome!



Wheelchair lawn bowls in action

WS NSW sporting regions expand

Over the past six months, through the development of local relationships with disability sports providers, schools and community groups throughout NSW, WS NSW has welcomed several new regional members to the wheelchair sports community.

These new members are now involved in wheelchair sport in their local area, and together with their families, are helping to establish new and stronger regional sporting centres, including Central NSW (Bathurst), Hunter/Newcastle and Far West NSW (Cobar) to encourage more people with disabilities living in the area to get involved.

For Nicole of New Lambton, locally established wheelchair sport for her son Coban is vital for his sporting and social development and is far more cost effective for her family with the need to travel to Sydney for training now removed.

With the support of WS NSW Sports development officers, Nicole now volunteers as her regions Regional Coordinator to coordinate weekly training in basketball for WS NSW members in the area as well as coaches and the loan of sports wheelchairs. Newcastle is now one of our fastest growing regions with more and more members attending training each month.



Coban at training

2013 Wheelchair Basketball Country Cup sees highest new records!

The Annual Wheelchair Basketball Country Cup was held from 28 – 29 July at the Sydney Academy of Sport, Narrabeen.

Country Cup is an annual tournament bringing together Wheelchair Basketball players from all over the State. This year saw the biggest ever representation with 8 teams - the highest ever on record! Teams represented Wagga Wagga, Canberra, Illawarra, Sutherland, Coffs Harbour, Central West, Taree and NSW Juniors. The Illawarra Eagles won the Cup again, congratulations! Competitions like this ensure new and developing players continue to have the opportunity to participate. It's a great pathway for wheelchair basketball allowing members to try the sport and excel in basketball.



Action at the 2013 Country Cup

Five WS NSW members were selected for the under 23's Australian Basketball Team. Congratulations to Colin Smith, Luke Pople, Clarence (CJ) Grogan, Michael Auprince & Brad Fisher.



Jarrod enjoying time off the court at the 2013 Country Cup

Jarrod (pictured left), 17 years of age with Cerebral Palsy has been playing Wheelchair Basketball for almost 9 months as part of the NSW Juniors Team. He was always interested in sport, but never felt able to play mainstream sports. Wheelchair Basketball has enabled him to improve his fitness and more importantly it has given him an opportunity to meet new friends and socialise in a sporting environment.

DID YOU KNOW?

Handcycles are built to accommodate kneeling athletes as well as seated athletes? They would compete in different classifications.

City2Surf unites WS NSW membership & supporters

On Sunday 11 August, more than 80 WS NSW members and supporters conquered City2Surf and raised funds in support of Wheelchair Sports NSW.



City2Surf creates a unique opportunity for WS NSW members, staff, board members and supporters to unite and participate alongside one another in a single event. The camaraderie shown on the day was truly heartwarming with encouragement flowing amongst participants to spur each other on to complete the grueling 14km course. Each member/supporter participating sported a WS NSW Shirt & Cap, creating a true team atmosphere and great presence on the course amongst the 85,000 participants entered in the race.

Highlights of City2Surf 2013 include;

- x3 WS NSW juniors – Coban, Billie & Phillip – meeting Australian Rugby Union legend John Eales OAM thanks to our new friends at Sony Foundation. Each junior and their family enjoyed a pre-race breakfast with John before setting off from the start line altogether.
- WS NSW Ambassador and ABC Sports journalist Amanda Shalala conquering the 14km course with more than 20 of our members
- The entire NSW Wheelchair Rugby team - pushing City2Surf together the first time
- Corporate teams in 360HR, Stacks Goudkamp and the WS NSW office (staff & board members) taking on the course to support WS NSW

For WS NSW member Mark, *“Completing the City2Surf in my wheelchair and fundraising online is my way of saying thank you for the help WS NSW has provided me. In 2009 I was injured in a motor vehicle accident leaving me a T3 complete paraplegic. When I was going through rehabilitation I was able to try lots of sports thanks to the assistance of Wheelchair Sports. My recovery improved so much faster due to all the sport I was playing. It really helped me both mentally and physically”.*

City2Surf participants contributed to fundraising online or holding small fundraising events leading up to the event. Together, a total of \$35,000 has been raised for WS NSW programs. A sensational result!

Sincere thanks to all participants for your support and all those who sponsored our participants for this year’s City2Surf campaign!



WS NSW juniors at the start line with John Eales OAM



GIO NSW Gladiators pushing the City2Surf



WS NSW members crossing the finish line

One to watch – Adam Kellerman

In his early teens Adam got involved with wheelchair sport following major hip surgery and quickly found passion in wheelchair tennis. Progressing through the junior ranks, Adam (pictured) is now currently ranked #20 in the world having represented Australia in 2007 & 2008 for the Junior World Cup Team and in 2009, 2010 and 2012 for the Men’s Team. In 2012, Adam represented Australia at the Paralympic Games in London and is currently playing in the European Circuit in preparation for his hometown championships.

Through Adam’s recent successes and achievements towards his goal to be one of the world’s top ten players, his confidence shines and he now mentors junior and developing players in NSW.

Catch Adam in action this summer at the **2014 Apia Wheelchair International Sydney** from Friday 10 January - Tuesday 14 January 2014 at the Sydney Olympic Park Tennis Centre as he takes on players from all over the world. See www.wsns.org.au for more information.



DID YOU KNOW?

Even though the rule in wheelchair basketball differs slightly from conventional basketball, traveling is still an infraction in wheelchair basketball

Fundraising Highlights

All Abilities Laps

On Sunday 7 July, a unique inaugural community event supporting WS NSW, All Abilities Laps, was held at Blacktown International SportsPark Athletics Centre.

Claire Koski, an elite able bodied athlete and member of the NSW Breakers Cricket Team decided to take on a sporting challenge to push 20km in a track chair to help raise awareness and funds for WS NSW programs and people living with disability.

To help raise funds and encourage public support, our friends at GIO pledged \$2 for every lap that WS NSW members, volunteers and members of the public walked/pushed alongside Claire on the day.

More than 65 people joined in and completed laps alongside Claire – a total of 1052 laps were completed, raising \$ 2014!! Combined with some other fundraising activities held on the day and online, the event raised over \$3000 for WS NSW. A fabulous community event that is sure to become an annual event. Watch this space for future event dates.



Claire crossing the finish line



Group start



Participants take to the track

WS NSW Race Day

More than 220 people attended our annual fundraising Race Day on Saturday 2 March at Rosehill Gardens Racecourse, proudly sponsored by NSW Compensation Lawyers.



The day saw our biggest attendance ever for a day at the races and feedback from all attendees was extremely positive. We have developed somewhat of a 'groupie' following with several legal firms, insurance groups and a number of long term supporters enjoying the Day as an annual social event. One long term supporter, Fenella Fields, was also awarded a prestigious Champions Award - recognizing her ongoing generosity, advocacy and dedication to our cause. 6-time Paralympian Leisl Tesch, guest speaker, wooed the audience with her story of winning Gold at the London Paralympics. The aim of the Day was to raise funds to support the purchase of new wheelchairs for our "Share a Chair Wheelchair Loan Program". Over \$25,000 was raised for this program, making the Race Day our highest ever fundraising day at the races. Sincere thanks to all attendees and sponsors for making this result possible.

Please save the date for next year – Saturday 15 March, 2014 as we return to Royal Randwick Racecourse.



Guests at the WS NSW Race Day



Racing action at the Race Day



Michelle Stilwell (Canadian Paralympian) and WS NSW rugby players enjoying the racing

DID YOU KNOW?

Kurt Fearnley averaged a speed of 29.44 km/h as he set a new course record of 20:23 for the 2012 GIO Oz Day 10K?

Stacks Goudkamp Charity Golf Day

STACKS // GOUDKAMP

The annual Stacks Goudkamp Golf Day was held on Friday 31 May, 2013 at Macquarie Links International Golf Club. The Day welcomed the highest number of teams in recent years with over 100 golfers.

Being held on a Friday for the first time coupled with the glorious weather created a great vibe on and off the green - a fabulous end-of-week day of Golf for a good cause.

We are delighted to announce that close to \$20,000 was raised from Golf, raffle, auction and competitions. And with an extraordinary surprise from Commonwealth Bank on the day with an additional \$25,000 cheque, the grand total raised was \$45,000 for our wheelchair sporting programs. Special thanks to Gary Dawson of Bullant Sports & Matt Laverty of Laverty Corporate Golf for their ongoing support in organising the day.

A thanks to all golfers who joined us on the green and further thanks to our event sponsors - Stacks Goudkamp, GIO, Stacks Finance and Perpetual Private without whom the day would not have been possible.



Ready to tee off



Special guests Tina McKenzie, Kylie Gauci and Louise Sauvage OAM



Stacks Goukamp Team

WS NSW Annual Luncheon

More than 190 people enjoyed an entertaining and moving afternoon hearing from inspirational wheelchair athletes on Friday 6 September at the Four Seasons Hotel for the 2013 WS NSW Annual Luncheon, proudly sponsored by ClubsNSW.



MC Stephanie Brantz and special guests Five time Paralympian Christie Dawes, National Wheelchair Track & Road Coach Andrew Dawes, and emerging junior 9 year old Harry with Dad Dave from Bathurst, entertained the audience with an inspiring insight into their sporting experiences and aspirations for the year ahead.

During the Luncheon, WS NSW CEO Jim O'Brien announced the launch of the "Keep our State Rolling" campaign supporting the purchase of 50 new specialized sporting wheelchairs for WS NSW members living throughout regional NSW. Each chair costing \$2000; a campaign target of \$100,000

We are thrilled to announce that near \$80,000 was raised from the Luncheon, propelling the Campaign into action allowing the purchase of 40 of the 50 new sporting wheelchairs.

Sincere thanks to Luncheon sponsor ClubsNSW and all individuals and organisations represented at the Luncheon for your generous support and belief in the power of sport for both rehabilitation and social inclusion. Over the coming months, WS NSW will strive to continue the Campaign and raise the funds needed to purchase the remaining chairs so that 50 of our members experience the thrill of a new sports chair by Christmas.

NSW Clubs helping local WS NSW members

In 2013, a number of registered clubs throughout NSW have again pledged their support towards wheelchair sporting programs in their local areas through the ClubGrants scheme. In each instance, funding will be directed to benefit WS NSW members residing in the local government area. Sincere thanks to the following Clubs for supporting these programs in 2013:

Talented Athlete Program

- Mounties Group

Sth Pacific Wheelchair Tennis Open

- Bomaderry Bowling Club

Metro Wheelchair Tennis Open

- Bowlers Club of Sydney

- City Tattersals Club

Handcycling Program

- Parramatta Leagues Club

Member Grant Program

- Burwood RSL Club

- Canterbury Hurlstone Park RSL Club

- Club Central, Hurstville

- Sth Sydney Juniors Rugby League Club

- Wenty Leagues Club

Junior Sports Program

- Ashfield RSL Club

- Bankstown District Sports Club

- Dee Why RSL Club

- Wingham Services Club

Regional Sports Programs

- Ryde Eastwood Leagues

- North Ryde RSL

- Coffs Harbour Clubs

DID YOU KNOW?

The only rule change from able-bodied tennis and wheelchair tennis is that the ball is allowed to bounce twice before it must be returned by a player.

Looking ahead...

Corporate Tennis Cup

The Corporate Tennis Cup returns in 2013 by popular demand with a new Sydney CBD location - **Friday 29 November, 2013** at Prince Alfred Park Tennis Centre, Surry Hills.

The Day is designed as a fabulous day of tennis, client entertainment, networking and fundraising for a great cause. Doubles competitions cater for all player levels. At the conclusion of play, stay for post-match drinks to watch Round 1 of the Metro Wheelchair Tennis Open (at the same venue) featuring top NSW wheelchair tennis players. Register online today via

wsnsw.org.au/2013-corporate-tennis-cup/ or call Janyne on 02 9809 5260.



Looking for the ultimate Team Building Day?

Host a Corporate Roadshow Wheelchair Basketball Challenge at your office as your next team building exercise with a twist.

The Challenge comprises an afternoon of on-court wheelchair basketball action and motivational speaker - Paralympic athlete – designed to enhance communication, team morale, problem solving and teamwork amongst staff.

Call us on 02 9809 5260 to book your Corporate Roadshow Challenge today!



Upcoming Dates for the Diary

Corporate Tennis Cup	29 November, 2013	Prince Alfred Park Tennis Centre, Surry Hills
Annual Race Day	15 March, 2014	Royal Randwick Racecourse
Inaugural 3-day Bike Tour	Dates TBC (2014)	Proposed location: Mudgee

Come and See: Wheelchair Sports event dates

We welcome you to come along and watch our member in action - spectator entry is free:

South Pacific Wheelchair Tennis Open	13-15 September	West Street Tennis Complex, Nowra
Multi Disability Lawn Bowls State Champs	17-21 September	Taree Leagues Sports Club
Wheelchair Rugby Tri-Nations	18-20 September	Cathedral Square, Sydney
SLAM Down Under Wheelchair Basketball	18-19 October	Shellharbour Basketball Stadium
NSW Wheelchair Tennis Open	1-2 November	Beaton Park Tennis Complex, Wollongong
Metropolitan Wheelchair Tennis Open	29 Nov – 2 December	Prince Alfred Park Tennis Centre, Surry Hills
Junior Wheelies Christmas Camp	7 – 9 December	Sydney Academy of Sport, Narrabeen
2014 Apia Wheelchair International Sydney	10-14 January	Sydney Olympic Park Tennis Centre
2014 GIO Summer Down Under Series	19-26 January	Canberra and Sydney
2014 GIO Oz Day 10K	26 January (9am)	Alfred St, The Rocks, Sydney

For full Calendar details, please check www.wsnsw.org.au

For more information and to get involved with any of these event or programs, please contact **Janyne** at WS NSW on 02 9809 5260 or via janyneh@wsnsw.org.au

Thank you!

WS NSW would recognise that the continued delivery of our programs for people with disabilities, and their families, would not be possible without the support of key individuals, community groups, Clubs, Trusts & Foundations and partnering organisations. Sincere thanks to all who have kindly supported WS NSW over this past year.

Sign up for e-news!

Subscribe today via www.wsnsw.org.au and keep up to date with the latest email alerts and event news.



DID YOU KNOW?

One in five people (20%) in Australia have a disability